

National School Lunch Program (NSLP) and School Breakfast Program (SBP)

SODIUM REDUCTION TIMELINE

Effective July 1, 2012, the U.S. Department of Agriculture's (USDA) meal patterns for the NSLP and SBP require that schools begin to gradually reduce sodium levels so that school meals meet the specific target levels for sodium indicated below. Sodium levels are listed in milligrams (mg).

Sodium Reduction Timeline and Amount					
Age/Grade Group	Baseline (mg)	Target 1 (mg)	Target 2 (mg)	Final Target (mg) **	Percent Change (Baseline Versus Final Targets)
	Current Average Sodium Levels As Offered *	Meet by July 1, 2014 (SY 2014–2015)	Meet by July 1, 2017 (SY 2017–2018)	Meet by July 1, 2022 (SY 2022– 2023)	
School Breakfast Program					
K-5	573 (elementary)	≤ 540	≤ 485	≤ 430	-25%
6-8	629 (middle)	≤ 600	≤ 535	≤ 470	-25%
9-12	686 (high)	≤ 640	≤ 570	≤ 500	-27%
National School Lunch Program					
K-5	1,377 (elementary)	≤ 1,230	≤ 935	≤ 640	-54%
6-8	1,520 (middle)	≤ 1,360	≤ 1,035	≤ 710	-53%
9-12	1,588 (high)	≤ 1,420	≤ 1,080	≤ 740	-53%
<p>* Current average sodium levels as offered are from the School Nutrition and Dietary Assessment Study III. Data were collected in the 2004-05 school year.</p> <p>** The Institute of Medicine (IOM) final targets are based on the Tolerable Upper Intake Limits (ULs) for sodium, established in the Dietary Reference Intakes (DRI) (IOM, 2004). The sodium ULs for school-aged children are 2,300 milligrams for ages 14-18, 2,200 milligrams for ages 9-13 and 1,900 milligrams for ages 4-8.</p>					

Source: Nutrition Standards in the National School Lunch and School Breakfast Programs (7 CFR Parts 210 and 220), U.S. Department of Agriculture, January 26, 2012. <http://www.gpo.gov/fdsys/pkg/FR-2012-01-26/pdf/2012-1010.pdf>.



For more information, see the Connecticut State Department of Education's (CSDE) [Menu Planning Guide for School Meals](#) and [Meal Patterns](#) Web page or contact the [school nutrition programs staff](#) in the CSDE Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

This handout is available at www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/sodium_timeline.pdf.

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